

Serenity Programme™ - CBT@Home!

Welcome to the Serenity Programme™

Thanks for choosing the Serenity Programme™. It's the result of several years of research, development and consultation with a wide range of service users and professionals. This quick introduction sheet provides an overview of the programme, and a brief guide to its use.

About Cognitive Behavioural Therapy

Cognitive behavioural therapy (or 'CBT' for short) is a relatively brief, structured form of psychotherapy, based on the principle that what we think affects how we feel and what we do. Because our thoughts, feelings and behaviour are connected, by changing the way we think we can help to change our behaviour and our feelings. CBT also emphasises how important it is to practice new behaviours as part of our recovery. The programme contains a blend of CBT and other trusted and innovative approaches to recovery, unique to the programme.

About Computerised CBT

Computerised cognitive behavioural therapy - CCBT for short - means the CBT is provided, or supported, by a computer. CCBT can be used alongside sessions with a therapist, or on its own. Some programmes are designed to be run solely from a computer; others are designed to be delivered with support from another person.

What is the Serenity Programme™ for?

The Serenity Programme™ is designed to help people with the symptoms of stress and anxiety, although many people find it helps with depression too.

From the programme website (www.serene.me.uk) you can download workbooks to help with your recovery. You can save them to your computer, from where you can type directly into them. Once you have them on your computer, they are yours to keep. They don't send any information over the Internet, so they're confidential to you.

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How do I use the programme?

Don't be put off by the size of the workbooks, they're meant to be worked through at a speed that's right for you, over a number of weeks or months.

We recommend you work through the workbooks one section at a time. Although you can work through the programme on your own, we encourage everyone to make use of the support of a 'helper'. You might meet face-to-face with your helper, or speak with them over the telephone. Your helper will arrange this with you when you first meet. We encourage people to take the programme at a pace that suits them, but try to make regular time to work with the programme to build up a sense of momentum.

Your privacy

Once you have downloaded the workbooks they're yours to keep - we won't ask for them back. At the end of each section we ask you to complete some questionnaires and to record your scores in your workbooks. Your helper may ask you about these scores, so they know how you're getting on. The Serenity Programme™ website doesn't store or send any personal information over the Internet. You're completely in charge of what you write in your workbook, and of who sees it.

How long will it take?

There are no hard and fast rules, but expect to take about 3 months to complete the programme. Don't worry if it takes longer, but please don't be tempted to rush through the practical exercises, as they're very important.

What if I need extra help?

Your helper will contact you regularly, and you can always contact them yourself if you need to. Please let your helper know if you're unsure about anything, or have any questions about the programme.

In a crisis, you can always contact the Samaritans either by 'phone (08457 909090) or by email (jo@samaritans.org).

Thank you for using the programme, we hope you enjoy it and find it beneficial!